

Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions
or would like your
workplace added to our
mailing list please call the
Health Action Line and
ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

In This Issue:

Tri-County Rabies Vaccination Clinics

Submitted by the Health Protection Department

Drop the pop!

Submitted by Leslie Redmond, R.D.H., Public Health Registered Dental Hygienist and Meena Parameswaran, M.A.N., R.D., Public Health Nutritionist

June 10th is International Trails Day - enjoy our local Trails Blitz!

Submitted by Danielle Shewfelt, R.N., B.Sc.N., Public Health Nurse

What all women need to know about folic acid

Submitted by Krystal Taylor, B.Sc., R.D., Public Health Dietitian

Dear Dora: Home Renovation Safety

Submitted by Erin McLean, R.N., B.N.Sc., Public Health Nurse, Child Health Program Leader

Keep current with your immunization

Submitted by Amanda Stewart, B.N.Sc., R.N., Public Health Nurse

Cigarette smoking and drug use among Ontario Youth continue to decline but risky behaviours remain; OSDUS 2005

Submitted by Rebecca Kavanaugh, B.Sc.N., R.N., Public Health Nurse / Coordinator for the Smiths Falls FOCUS Community Coalition

Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your workplace added to our mailing list please call the Health Action Line and ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

Tri-County Rabies Vaccination Clinics

Submitted by the Health Protection Department

With the presence of rabies in the wildlife population in Leeds and Grenville and Lanark Counties, it is important to make sure your pet is vaccinated for the rabies virus. In Ontario, it is also the law to have all cats and dogs vaccinated for rabies.

To help protect your friends and family from rabies, take your cat or dog to a low cost rabies vaccination clinic. These clinics will be held on May 10th and 17th, 2006 between 2:00 p.m. and 6:00 p.m. at participating locations throughout the Tri-County area. The cost is just 15 dollars. Only cash will be accepted. Clinic locations are listed below or visit our website at www.healthunit.org

LANARK COUNTY AND WESTPORT

- Almonte Veterinary Services, 10 Industrial Dr., ALMONTE
- Carleton Place Veterinary Hospital, 120 Coleman St., CARLETON PLACE
- Valley Veterinary Clinic, 339 Townline Rd. E, CARLETON PLACE
- North Lanark Veterinary Services, 1095 Sheridan Rapids Rd., LANARK
- Mississippi Veterinary Services, 2809 Highway 29 S., PAKENHAM
- Dr. R. D. Fish, 10 Harris Street, PERTH
- Perth Veterinary Clinic, Sunset Blvd., PERTH
- Lanark Veterinary Clinic, 88D Cornelia Street West, SMITHS FALLS
- Smiths Falls Veterinary Services, 455 Highway 29, SMITHS FALLS
- Westport Fire Hall, 33 Spring Street, WESTPORT

LEEDS AND GRENVILLE COUNTIES

- Brockville Memorial Centre, Magedoma Dr., BROCKVILLE
- Public Works Garage, 7509 New Dublin Rd., ELIZABETHTOWN-KITLEY
- Gananoque Fire Hall, 340 Herbert St., GANANOQUE
- North Grenville Public Works Garage, Concession Rd., KEMPTVILLE
- Merrickville Fire Hall, MERRICKVILLE
- Prescott Works Garage, Sophia St., N., PRESCOTT

ONE DAY ONLY

MAY 10, 2006, 2:00 - 6:00 P.M.

- Bastard and South Burgess Ward Garage, 1439 County Rd 8., CHANTRY

MAY 17, 2006, 2:00 - 6:00 P.M.

- South Crosby Ward Garage, Davis Locks Rd., ELGIN

Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your workplace added to our mailing list please call the Health Action Line and ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

Drop the Pop!

Submitted by Leslie Redmond, R.D.H., Public Health Registered Dental Hygienist and Meena Parmeswaran, MAN, R.D., Registered Dietitian, Public Health Nutritionist

Drop the Pop!

Pick Up Juice

Choose 100% fruit juice or 100% fruit juice from concentrate. Juices contain natural sugar, so drink it in moderation. Limit juice to 1 to 2 servings per day (1 serving = 1 cup). Beware! Fruit "drinks", "beverages", "cocktails", "punches" and sport drinks are mostly sugar.



Pick Up Water

Choose tap or bottled water.

Almost 70% of our body is water. Your body needs water all the time, not just when you are thirsty.

Pick Up Milk

Choose 2% or 1%, white or chocolate milk. Aim for 2 to 4 cup servings per day (1 serving = 1 cup). Milk helps to build strong bones and teeth. This is especially important for children and teenagers.

SHOCKING FACTS



- Excess sugar consumption in children may cause cavities and contribute to obesity.
- Diet pop is not a healthier alternative to regular pop. Diet pop has no vitamins or minerals and it contains acid which is known to be harmful to teeth.
- You are the most important role model for your child. If you drink healthy drinks, your child will be more likely to drink these as well.

Don't be fooled, read the label and make your choices count. Drop the Pop! and choose water, milk or 100% juice.

Did you know that there is...

- 9-12 teaspoons of sugar in one can of pop?
- 12 teaspoons of sugar in one can of 'fruit drink'?
- 15 teaspoons of sugar in bottled milkshakes?



Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your workplace added to our mailing list please call the Health Action Line and ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

June 10 is International Trails Day-enjoy our local Trails Blitz!

Submitted by Danielle Shewfelt, R.N., B.Sc.N., Public Health Nurse

Are you someone who loves to go out and enjoy the trails? If so here is your challenge.

On June 10th, we would like you to introduce the wonder and beauty of our trails to someone who has not yet experienced them. We challenge you to bring along a friend or family member and show them what trails are all about. We will highlight 3 trail events in Leeds, Grenville and Lanark. At each of these events, you will be able to pick up helpful resources and information about physical activity and the trails, go on a hike, bike or horseback ride as well as have an opportunity to go on a "Trail Quest". If you participate in the quest, you will be entered into a draw for a chance to win some fabulous prizes.

Where are these events?

1. Lanark County Therapeutic Riding Program's Annual Spring Trail Ride at the Donaldson Acreage in Lanark - for more information see www.therapeuticriding.ca
2. Murphy's Point Provincial Park- will be hosting a hike
3. Limerick Forest- will be hosting a hike and bike tour

This event is coordinated by the Tri-Health Trails Committee which is a group of local volunteers, and community partners. Come out and support your local trails! It is a wilderness of fun at your doorstep.

If you would like to find out more about this event or would like to pick up a new and revised Trail Guide, call Danielle Shewfelt at 613-256-1203 or call the Health Action Line at 1-800-660-5853



Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your workplace added to our mailing list please call the Health Action Line and ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

What all women need to know about folic acid

Krystal Taylor, B.Sc., R.D., Public Health Dietitian

Are you sexually active? Do you take a daily multivitamin? Health Canada recommends that **all women who could become pregnant take a multivitamin containing 0.4 mg of folic acid** everyday in addition to a healthy diet. The time to take folic acid is now, before you become pregnant.

Half of all pregnancies are unplanned and during the first few weeks, many women do not even know they are pregnant. **Folic acid**, or folate, is needed for healthy development of a baby's spine, brain and skull during the first four weeks of pregnancy. That is why you should get enough folic acid every day if there is any chance you could get pregnant.

A diet rich in folate and supplemented with 0.4 mg of folic acid **before conception** has been shown to reduce the incidence of **neural tube defects** (NTD) by as much as 70%. NTDs are birth defects that occur when the neural tube fails to close properly during the early weeks of pregnancy, resulting in abnormalities of a baby's spine, brain or skull. About 1 in 1300 babies are born each year in Canada with an NTD. **Spina bifida** and anencephaly are the most common NTDs and can result in a wide range of disabilities.

Less than 50% of women in Leeds, Grenville and Lanark counties reported taking a multivitamin with folic acid every day before pregnancy. Are you informed? Test your folic acid knowledge with this short quiz.



1. Which of the following are ways to ensure you are getting enough folic acid everyday?

- A. Take a multivitamin containing 0.4 mg of folic acid before pregnancy
- B. Eat foods fortified with folic acid, such as breakfast cereals and enriched bread and pasta
- C. Eat foods high in folate such as broccoli, spinach and orange juice
- D. All of the above

2. To help prevent NTDs, folic acid supplementation should be **STARTED**:

- A. After a woman discovers she is pregnant
- B. After her first prenatal visit
- C. At least 2-3 months before conception
- D. During the last three months of pregnancy

3. A woman should be taking folic acid if she:

- A. Is planning a pregnancy
- B. Could become pregnant - even if she is using birth control
- C. Thinks she might become pregnant sometime in the future
- D. All of the above

Answers: 1D; 2C; 3D

Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your workplace added to our mailing list please call the Health Action Line and ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

What all women need to know about folic acid (Continued)

Act now to prevent serious birth defects in your unborn baby. **Take a multivitamin containing 0.4 mg of folic acid everyday.** Daily folic acid supplementation should **begin at least 2-3 months before pregnancy** and continue during the first trimester. For maternal nutritional needs, folic acid needs to be continued throughout the remaining months of pregnancy and during lactation.

Taking a multivitamin does not replace the need to eat healthy. Choose foods rich in folate and foods fortified with folic acid. **Foods rich in folate** include: broccoli, cauliflower, corn, cantaloupe, oranges, eggs, kidney beans, chickpeas, romaine lettuce and spinach. **Foods fortified with folic acid** include: breakfast cereals, enriched pasta, enriched bread and pre-cooked rice.

Folic acid - It's never too early.

For more information and free resources about folic acid, please contact the Leeds, Grenville and Lanark District Health Unit's Health Action Line at 1-800-660-5853 (or 613-345-5685) and ask to speak with a Public Health Nurse or a Registered Dietitian.



Sources:

Public Health Agency of Canada. Preconception Health – Folic Acid for the Primary Prevention of Neural Tube Defects. A Resource Document for Health Professionals, 2002. Available at <http://www.phac-aspc.gc.ca/fa-af/>. Accessed March 17, 2006.

Folic Acid Alliance Ontario. Folic Acid: It's Never Too Early. Folic Acid Awareness Community Action Guide 2002. Available at <http://www.folicacid.ca>. Accessed March 17, 2006.

Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your workplace added to our mailing list please call the Health Action Line and ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

Home Renovation Safety

Dear Dora,

I'm so excited! We are renovating our home this spring, I can finally replace that old tile in the kitchen and we may even do some work in the basement too.

But I've heard that older homes may have harmful substances that get disturbed when you renovate. What should I be watching out for?

Signed,
Remodelling in Franktown



Dear Remodelling,

How wonderful to get a fresh look for your home. You are right to wonder if you need some protection while renovating. Lead and asbestos are two of many hazardous materials to watch out for.

The Canadian Partnership for Children's Health and the Environment states, "Lead in paint is not "yesterday's problem." It remains a potentially dangerous source of

lead in any home built before 1978 (when the first steps were taken in Canada to regulate the lead content of paint used on indoor surfaces)". Exposure to even very low levels of lead can cause learning disabilities and other harmful effects on children's development. The three main sources of lead exposure in housing come from:

- Water: lead solder in plumbing, lead service connections that link the house to the main water supply, or lead pipes in the home
- Soil: due to leaded gasoline, urban soils, especially near major highways, may have higher lead levels than rural areas
- Paint/paint dust: until the late 1970s, lead was added in significant quantities to household and industrial paints

Asbestos fibres get stuck in the lungs, causing scarring. This can lead to severely impaired lung function (asbestosis) and cancers of the lungs. Asbestos can be found in older building materials:

- Asbestos insulation around a hot water tank
- Loose-fill vermiculite insulation
- Vinyl asbestos floor tiles
- Roofing shingles and siding
- Acoustical ceilings tiles

You need to clean regularly as you renovate to limit exposure to you and your family. Contact your municipality around safe disposal of discarded materials.

For more information on this and related subjects, visit the Health Unit website at www.healthunit.org and look for links to other agencies such as the Canada Mortgage and Housing Corporation.

Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your workplace added to our mailing list please call the Health Action Line and ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

Keep Current With Your Immunizations

Submitted by Amanda Stewart, B.N.Sc., R.N., Public Health Nurse

You may ask yourself, “Why, as an adult, do I need any more immunizations? - I’ve already had all of them as a child.” Many people think that diseases, such as Tetanus and Diphtheria, have been totally wiped out in Canada because of our excellent vaccination programs. What they don’t know is that these diseases **can** and will **reappear** if we, as adults, become forgetful when it comes to receiving our adult booster doses of Td (Tetanus, Diphtheria).

Tetanus is a bacteria that may be present in soil and animal feces which can cause painful muscular contractions and convulsions. Wounds that are contaminated with dirt, feces, or saliva and associated with tissue injury are frequently associated with Tetanus. **Diphtheria** is a serious communicable disease spread by nasal droplets which can cause severe throat infections and may lead to myocardial (heart) and neurological complications.

It is recommended that all Canadians receive a primary immunizing course of immunizations, including Tetanus and Diphtheria, followed by **routine** booster doses **every ten years** to maintain immunity. This is due to a decline of antibody levels with increasing age. In addition, people who are travelling to areas where they are likely to be exposed may be offered a booster dose of Td if it has been longer than ten years since the last booster. So please, stay healthy by keeping current with your immunizations. This can be easily done by keeping track with a yellow immunization card which you may receive from the Health Unit or from your family doctor.

If you have any questions regarding immunizations for yourself or your family, please feel free to contact our Vaccine Preventable Disease Program at 613-345-5685 or 1-800-660-5853.



Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your workplace added to our mailing list please call the Health Action Line and ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

Cigarette smoking and drug use among Ontario Youth continue to decline, but risky behaviours remain: OSDUS 2005

*Submitted by Rebecca Kavanagh, B.Sc.N., R.N.,
Public Health Nurse / Coordinator for the Smiths Falls FOCUS Community Coalition*

For the first time in over a decade, the use of both legal and illegal drugs among Ontario students from Grades 7-12 has declined significantly, and fewer Ontario students are using alcohol, tobacco, and cannabis at an early age. However, binge drinking, frequent cannabis use, and risky behaviour related to alcohol consumption, and other drug use by youth is not going away.

According to the results of the 2005 Ontario Student Drug Use Survey (OSDUS) released by the Centre for Addiction and Mental Health (CAMH), the prevalence of student smoking is at its lowest rate since 1977 (14%). The use of illicit drugs has declined since 2003 with 71% of students reporting that they had not used any illicit drug during the past year. Although the use of cannabis did not decline between 2003 and 2005, the use of many drugs, such as hallucinogens, methamphetamine and heroin, is down. Another positive finding is that only 2% of 7th graders in 2005 smoked cigarettes by grade 4, compared to 16% in 1981, and 7% of this group used alcohol by grade 4, compared to 17% in 1981.

The percentage overall who consume alcohol has decreased as well, from 66% to 62%, but drinking habits remain a problem. Twenty-three per cent of students report binge drinking at least once during the month before the survey. In 2005, 16% of students reported drinking at a hazardous level, the same percentage that report symptoms of a drug use problem.

Fourteen per cent of students who are licensed drivers continue to drink and drive, while even more reported driving within one hour of smoking cannabis (20%). Over one-quarter (29%) of all students report being a passenger with a driver who had been drinking, and 22% with a driver who had been using drugs.

Although students continue to take part in risky behaviour related to alcohol consumption, the fact that fewer students are using alcohol, tobacco and cannabis at an early age is very encouraging.



Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions
or would like your
workplace added to our
mailing list please call the
Health Action Line and
ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Spring 2006

Cigarette smoking and drug use among Ontario Youth continue to decline, but risky behaviours remain: OSDUS 2005 (Continued)

Other Survey highlights include:

- 26.5% of students used cannabis in the past year. Use increases with each grade, from 3% among 7th-graders to 46% among 12th-graders
- Approximately 12% of cannabis users (3% of all students, about 33,000 students provincially) used cannabis daily during the 4 weeks before the survey
- In 2005, less than 1% of students indicated that they received either alcohol and/or drug treatment in the past year. This estimate represents about 6,400 Ontario students in grades 7 to 12
- One-third of students report that someone tried to sell them drugs at least once during the past year
- About one-in-five (17%) students report getting drunk or high at school at least once during the past year, and one-in-four (23%) were sold, given or offered a drug at school
- Approximately 6% (62,000 Ontario students) report both hazardous drinking and elevated psychological distress
- The first Canadian estimate for OxyContin (pain medication) use among students found that about 1% of students report use during the past year.

CAMH's Ontario Student Drug Use Survey is the longest running school survey of adolescents in Canada. In the spring of 2005, 7,726 students in grades 7 to 12 participated in the survey administered by the Institute for Social Research, York University. This report describes drug use in 2005 and changes since 1977.

*** Article was modified from the CAMH Press Release dated November 23, 2005*